

U.S. Fire Administration  
***FIGHT FIRE WITH FACTS***

# Cooking Fires

More than 4,000 Americans die each year in fires and approximately 20,000 are injured. Many of them might be alive today if only they had the information they needed to avoid a disaster. The U.S. Fire Administration offers the following life-saving tips that could make a big difference for you and your community.

**Following these simple fire safety tips can increase your survival rate dramatically.**

## Cooking Fires Life-Saving Tips

- ☑ Install a smoke alarm on every level of your home. Test smoke alarm batteries every month and change them at least once a year. Consider installing a 10-year lithium battery-powered smoke alarm, which is sealed so it cannot be tampered with or opened.
- ☑ Never leave cooking unattended. A serious fire can start in just seconds.
- ☑ Always wear short or tight-fitting sleeves when cooking.
- ☑ Keep towels, pot holders, and curtains away from flames and heating elements.
- ☑ Clean cooking surfaces regularly to prevent grease buildup, which can ignite.
- ☑ If a fire breaks out while cooking, put a lid on the pan to smother it. Never throw water on a grease fire.
- ☑ Heat oil gradually to avoid burns from spattering grease. Use extra caution when preparing deep-fried foods.
- ☑ Never use the range or oven to heat your home.
- ☑ Double-check the kitchen before you go to bed or leave the house. Make sure all small appliances are turned off.

### Did you know?

- ▶ Eighty-two percent of all fire deaths occur in the home.
- ▶ Cooking is the leading cause of home fires in the U.S. It is also the leading cause of fire injuries.
- ▶ Deaths due to fires caused by cooking are particularly preventable.
- ▶ Having a working smoke alarm reduces one's chances of dying in a fire by nearly half.
- ▶ For more information on how you can help prevent fires and fire deaths, please contact your local fire department on a nonemergency number or the U.S. Fire Administration at (800) 238-3358 or visit [www.usfa.fema.gov](http://www.usfa.fema.gov) or [www.firesafety.gov](http://www.firesafety.gov).



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